



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

FAMILY CAREGIVERS MONTH

- WHEREAS: Caregiving is a rewarding experience, but it is also physically and emotionally demanding. The nation's approximately 90 million family caregivers are at a greater risk of developing health issues due to stress factors and the constant responsibilities required of them; and
- WHEREAS: One of every five caregivers agrees that he or she has sacrificed his or her own physical health while caring for a loved one. "High burden of care" roles may increase the number of incidences as greater stress is placed on individuals in these roles; and
- WHEREAS: Maintaining a healthy diet is one of the most significant ways for caregivers to take care of themselves. Up to half of all older adults are at risk for malnutrition, an illness which may lead to loss of muscle strength, health complications, longer hospital stays and increased re-admissions. Recognizing nutrition as a vital sign of older adult health and including malnutrition screening and intervention in health care quality initiatives can help improve recovery from illness and hospitalization; and
- WHEREAS: The number of family members acting as valued caregivers is growing every year in the United States. It is increasingly important to encourage them to take care of themselves as well as their loved ones so they can continue to provide heartfelt care; and
- WHEREAS: Family caregivers prioritize the welfare of those they take care of, but must also monitor their own physical and mental wellness, maintain proper rest and sustain a healthy diet. Only by caring for yourself can you take the best care of your loved one; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim November 2016 as FAMILY CAREGIVERS MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 24th day of October in the year of our Lord two thousand sixteen.



Nathan Deal

GOVERNOR

ATTEST

Chris W. Riley

CHIEF OF STAFF